

Mental Health Month

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Additional information for each event is located on the back of the calendar.	1	2 Question, Persuade & Refer (QPR) Training	3 QPR Training	4 Medication Use and Misuse presentation & Depression Screening	5 Keynote event: <i>Dancing Through the Ages: Good Mental Health is Ageless</i> - Resource fair & entertainment	6
					Arthritis Expo	
7	8	9 QPR Training HICAP Insurance Counseling Protecting Our Elders Open – House Family Health Centers of San Diego/Community Circle East	10 Stroke Education & Screening	11 QPR Training The 11 th Annual Children's System Conference of Care	12	13
14 10 Warning Signs Of Dementia QPR Training	15 Medication Use and Misuse presentation & Depression Screening	16 Good Mental Health is Ageless Presentation & Depression Screening	17 QPR Training Medication Use and Misuse presentation & Depression Screening	18 East County - Senior Health Fair	19 Senior Fair 2012	20
21	22	23 HICAP Insurance Counseling	24 County-wide Peer Liaison Meeting The JFS Mental Health Committee's Annual Luncheon Event -Featuring author Lauren Manning	25 Get Fit (Physically, Emotionally & Spiritually)	26 Corner Clubhouse 4 th annual consumer art & rummage sale	27
28	29	30 Medication Use and Misuse presentation & Depression Screening Casa Del Sol Chili Cook Off	31	For more information on Mental Health Month visit www.MentalHealthMonthSD.org		

Please note that the QPR trainings are designed for individuals who are not mental health professionals - they are aimed at community members, parents, friends, neighbors, teachers, caseworkers, promotoras, firefighters, and many others; anyone in a position to recognize and refer someone at risk of suicide. There is no charge.

MENTAL HEALTH MONTH EVENT CALENDAR – MAY 2012

Date	Time	Event	Location	Contact Information
5/02/12	10:30 am	Question, Persuade & Refer (QPR) Training	George L. Stevens Senior Center 570 South 65th Street (off of Skyline Drive), San Diego, CA 92114	RSVP to Rosemary Pope at 619-266-2066
5/03/12	4:00 pm	Question, Persuade & Refer (QPR) Training	9370 Chesapeake Drive, Suite 220, San Diego, CA 92123	RSVP to Beth Ruland at bruland@sdchip.org /858-609-7967.
5/04/12	9:30 am	Medication Use and Misuse presentation by Anabel Kuykendall with Depression Screening by Positive Solutions Program	Bonita Branch Library 4375 Bonita Rd., Bonita, CA 91902	619- 475-4642
5/05/12	9 am to 12:30 pm	Arthritis Expo	Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego, CA	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/05/12	11:00 am to 4:00 pm	Dancing Through the Ages: Good Mental Health is Ageless	Embarcadero Marina Park North (near Seaport Village)	Velia Fematt (619) 584-5086
5/09/12	10:00 am	Question, Persuade & Refer (QPR) Training	Herrick Community Healthcare Library - (9001 Wakarusa Street, La Mesa, CA 91942	RSVP to Beth Ruland at bruland@sdchip.org /858-609-7967.
05/09/12	9:00 am. to 12:00 pm	HICAP Insurance Counseling	Sharp Memorial Outpatient Pavilion, Classroom A, 3075 Health Center Dr, San Diego	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/09/12	12 pm to 1:00 pm	Protecting Our Elders:	Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/09/12	8:30 to 4:30 (closed 12:30-1:00)	Open – House Family Health Centers of San Diego/Community Circle East	3845 Spring Drive Spring Valley, CA 91977	Michelle Landeros, Case Manager 619-515-2380 ext. 3369 no RSVP required.
5/10/12	1:00 pm to 3:00 pm.	Stroke Education & Screening	Sharp Memorial Outpatient Pavilion, Classroom A, 3075 Health Center Dr, San Diego, CA	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/11/12	10:30 am	Question, Persuade & Refer (QPR) Training	Imperial Beach Senior Center 1075 8th St., Imperial Beach, CA 91932	RSVP to Joanne Norden at 619-424-7077
5/11/12	8:00 am to 4:00 pm	The 11 th Annual Children's System Conference of Care	Bahia Hotel 998 West Mission Bay Drive, San Diego, CA 92109	For further information, please contact Sidney Blackshear at (858) 380-4676
5/14/12	1:00 pm to 2:30 pm.	10 Warning Signs Of Dementia	Sharp Memorial Outpatient Pavilion, Classroom A, 3075 Health Center Dr, San Diego	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/14/12	11:45 am to 12:45 pm	Question, Persuade & Refer (QPR) Training	Gary and Mary West Senior Wellness Center (1525 Fourth Avenue, San Diego, CA 92101)	RSVP to Laura Stevens at 619-487-0739
5/15/12	11:00 am	Medication Use and Misuse presentation by Kathy Holmes-Hardy with Depression Screening by Positive Solutions Program	Vista Branch Library 700 Eucalyptus Ave., Vista, CA 92084 •	1-760-643-5100
5/16/12	6:00 am	Good Mental Health is Ageless presentation by Agnes Hajek with Depression Screening by Positive Solutions Program	Solana Beach Branch Library Earl Warren Middle School 157 Stevens Ave., Solana Beach, CA 92075	1-858-755-1404
5/17/12	10:00 am	Question, Persuade & Refer (QPR) Training	Marcos Senior Center (111 W. Richmar Ave., San Marcos, CA 92069)	RSVP to Georganne Grotey at 760-744-5535 x3602
5/17/12	12:30 pm.	Medication Use and Misuse presentation by Anabel Kuykendall with Depression Screening by Positive Solutions Program	Valley Center Branch Library 29200 Cole Grade Rd., Valley Center, CA 92082	1-760-749-1305
5/18/12	10:00 am to 1:00 pm	East County - Senior Health Fair	Santee Trolley Square -Near Amphitheater & Food Court <i>9850 Mission Gorge Rd., Santee</i>	For attendee information call La Mesa Adult Enrichment Center 619-667-1322
5/19/12	10:00 am to 2:00 pm	Senior Fair 2012	Pacific Beach / Taylor Branch Library 4275 Cass St San Diego, CA 92109	858.581-9934
5/23/12	9:00 am to 12 noon	HICAP Insurance Counseling	Sharp Memorial Outpatient Pavilion, Classroom A, 3075 Health Center Dr, San Diego, CA	Registration required. Call 1-800-827-4277 or visit www.sharp.com .
5/24/12	1:00 pm – 3:00 pm	County-Wide Peer Liaison Meeting	3851 Rosecrans St, San Diego, 92110 on the Coronado Room	mary.benson@recoveryinnovations.org 858-274-4650 Office
5/24/12	Registration starts at 11:00 am	The JFS Mental Health Committee's Annual Luncheon Event	Hyatt Regency La Jolla, 3777 La Jolla Village Drive, San Diego, CA	www.jfssd.org/mh2012 (there is a cost-please email for more info)
5/25/12	11:00 am to 3:00 pm	Get Fit (Physically, Emotionally & Spiritually)	5155 Greenbrier Ave San Diego, CA 92120	RSVP @ 858-300-0470 or tmjenkins@provcorp.com/
5/26/12	9:00 am to 3:00 pm	Corner Clubhouse 4 th annual consumer art & rummage sale	2864 University Ave. San Diego, CA 92104	Rebecca A. Ellis - Phone 619.683.7423
5/30/12	10:00 am	Medication Use and Misuse presentation by Anabel Kuykendall with Depression Screening by Positive Solutions Program	Cardiff Branch Library 2081 Newcastle Ave. Cardiff-by-the-Sea, CA 92007	1-760-753-4027
5/30/12	11:00 am to 4:00	Casa del Sol Chili cook off	Casa Del Sol 1157 30 th St., San Diego CA 92154	Amelia Ford 619 429 1937